

Bogdan Alverse — The 3-Day AI Kickstart Sprint

How to Stop Watching AI Happen and Start Using It to Change Your Life (in 3 days)

"You've been watching the AI revolution from the sidelines. This guide gets you on the field."

Welcome. Read This First.

You're here because you feel the shift. AI is everywhere, but you're stuck watching.

That ends now. This 3-day sprint is your shortcut from **spectator** → **participant**.

No tech talk. No big plans. Just tiny, fast wins that make AI real in your hands.

Rules of the Sprint

1. Read one page → Do one thing.
2. Don't skip ahead.
3. When your brain says "scroll," come back here.

Day 1: Tiny Wins Only

Your only goal today: **Do one thing with AI that helps you personally.**

Not a business idea. Not a project. Just something that saves you time, reduces stress, or makes life easier.

Pick one of these (takes 5-10 min):

Main Tools

Go to chat.openai.com, claude.ai, gemini.google.com, or grok.com (all have free tiers with usage limits that allow you to complete the tasks in this sprint).

AI Assistant for your day:

- Go to your chosen AI platform.
- Type: "Plan my day. I have 4 things to do, but I can't focus. Make me a simple schedule with breaks."

AI Email Helper:

- Go to your chosen AI platform.
- Copy any message you're avoiding replying to.
- Paste it into your chosen AI and say: "Write a short, polite reply that sounds like me."

AI Mood Lifter:

- Go to your chosen AI platform.
- Ask: "Give me 3 funny affirmations to hype me up for today."

AI Recipe Tweaker:

- Go to your chosen AI platform.
- Type: "Adapt this recipe for what I have: I want pasta but only have tomatoes, cheese, and pasta. Make it simple and quick."

AI Learning Narrator - My Favorite

- Go to your chosen AI platform (I recommend ChatGPT).
- Type: "Explain [hard concept or software, like; what is N8N or what is the difference between AI and AI Automation] as a flowing chapter from an easy-to-understand book. Make it engaging and narrative, like a story, I'm planing to listen to it while walking or cleaning." (Pro tip: Hit the audio button when done. (if your AI has one, CHATGPT Has it)

Turn any curiosity into your own on-the-go audiobook chapter. Day in - Day Out! (Priceless)

AI Quick Fix Advisor:

- Go to your chosen AI platform.
- Type: "Tell me a simple way to fix [small problem, like a stuck zipper or phone battery drain]. Keep it step-by-step and encouraging."

Pick ONE. Do it right now.

ACTION STEP (5 min):

Once you do it, post a quick story on social media (like Instagram, LinkedIn, or X) sharing your win: something like "I used AI today!" or how cool AI is. This not only locks in your momentum but also shows the world you're a step ahead in the AI game—positioning you as an early adopter and innovator. Here are 2-3 example posts to inspire you:

- "Just used AI to plan my chaotic day into a smooth schedule. Mind blown! #AIRevolution #TinyWins"
- "AI helped me craft the perfect email reply in seconds. Why didn't I start sooner? Feeling like a tech wizard already! 🚀 #AIForLife"
- "Turned a tough concept into an audiobook chapter with AI while walking the dog. Super cool and productive! Who's with me? #AIAdventures"

That's your first win. Momentum unlocked.

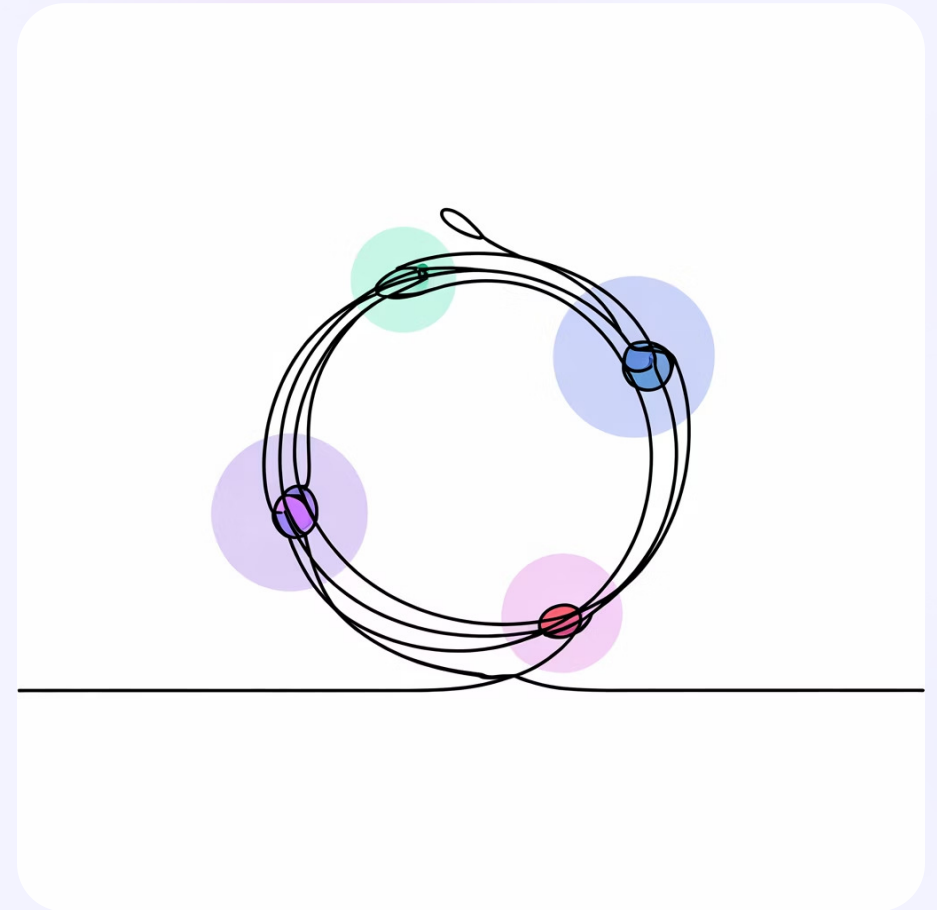
Day 1 — Bonus (Optional)

You've just moved from watcher to doer. Now, let's lock it in.

Ask your chosen AI (chat.openai.com, claude.ai, gemini.google.com, or grok.com—all have free tiers with usage limits that allow you to complete the tasks in this sprint):

"I want to use AI daily for small wins. Give me a 3-minute challenge I can do tomorrow morning."

That's how you create your AI habit loop.



Build on your tiny victory with these quick extras to solidify the habit.

Ask your chosen AI: "I just used AI for a small win. Suggest a 2-minute AI tweak to make my evening routine smoother tonight."

Or: "Give me a fun, 1-minute AI prompt to spark creativity before bed, like generating a short dream story."

That's your loop—small steps turning into daily magic.

Day 2: Build Something Small

Yesterday, AI helped you. Today, AI will do something *for* you.

Don't overthink it. You're just connecting dots.

 Before we start: A quick explainer on "prompt engineering."

It's simply crafting clearer, more specific instructions for AI to get better, more consistent results. The difference from just asking straight away? A basic ask like "Plan my day" might work okay, but an engineered prompt like "Act as a productivity coach and create a detailed day plan based on my top 3 priorities: [list them], including breaks and energy levels" gives tailored, reusable outputs. It's like giving a recipe vs. saying "make food"—the former ensures you get what you want every time. You can save these engineered prompts in a text file and paste them into every new chat for that AI assistant role. Or, if using ChatGPT, create a Custom GPT with the prompt built-in, so it's saved forever and ready to use. We'll build a few reusable prompts today to show how it levels up your AI use.

Pick one:

1. Custom Daily Planner Prompt

- **Task:** Create a reusable prompt you can paste every morning. Type into the AI: "Help me craft a custom prompt that plans my day based on my energy levels and top 3 priorities. Make it something I can copy-paste and tweak each time."
- **Test it:** Use the new prompt right away with your actual day.

2. AI Content Summarizer Setup

- **Task:** Build a simple prompt for summarising articles or notes. Ask the AI: "Create a custom prompt template for me to summarise any web article into 5 key bullet points, plus one actionable takeaway."
- **Test it:** Paste in a short article or note you have and see the summary.

3. Personalised Idea Generator

- **Tool:** Gamma.app (free decks).
- **Task:** Open Gamma → type: "Create a 5-slide deck of random side-hustle ideas I could try this year." (This is the app I'm using right now to deliver this to you for free)

4. Reusable Email Template Creator

- **Task:** Design a custom prompt for generating emails. Tell the AI: "Make a flexible prompt I can use to write professional emails, like follow-ups or thank-yous, that sound natural and include placeholders for details."
- **Test it:** Fill in the placeholders for a real email you need to send.

5. Quick Habit Tracker Prompt

- **Task:** Set up a prompt for tracking habits. Ask: "Craft a custom prompt that reviews my daily habits, scores them on a 1-10 scale, and suggests one small improvement."
- **Test it:** Input your habits from yesterday and get feedback.

6. AI Song Generator

- **Tool:** Suno.com (free tier with 50 daily credits, enough for about 10 songs per day; or download the Suno app on your phone/laptop if available).
- **Task:** Go to suno.com and sign up for the free account. Describe a song idea (e.g., "Upbeat pop song about my AI journey") and let the AI generate it. Create 2-3 short songs or clips.
- **Test it:** Listen to them—maybe use one as your new motivation track!

 ACTION STEP (10 min):

Pick ONE → finish setup → test it once.

If it works, you've now built your first AI system.

Mini Reset

If your brain feels tired: good. That means you're learning through doing, not scrolling.

Grab water. Walk 2 minutes. Then come back.

Still Don't Know What to Do?



That's okay. Here's the cheat code.

Upload this PDF into your chosen AI (chat.openai.com, claude.ai, gemini.google.com, or grok.com—all have free tiers with usage limits that allow you to complete the tasks in this sprint) and type:

"Be my daily AI mentor. I will ask you what I can build or test each day until I become confident using AI."

Let the AI guide you. You don't need perfect focus — just follow what it tells you today.

❏ ACTION STEP (right now):

Do that before closing this guide.

You're In the Arena Now

You've already done what most people never will.

You used AI, built something small, and helped someone.

That's all it takes to start the snowball. Every tiny project you try becomes experience. Every experience becomes opportunity.

"Spectators watch the revolution. Participants build their version of it."

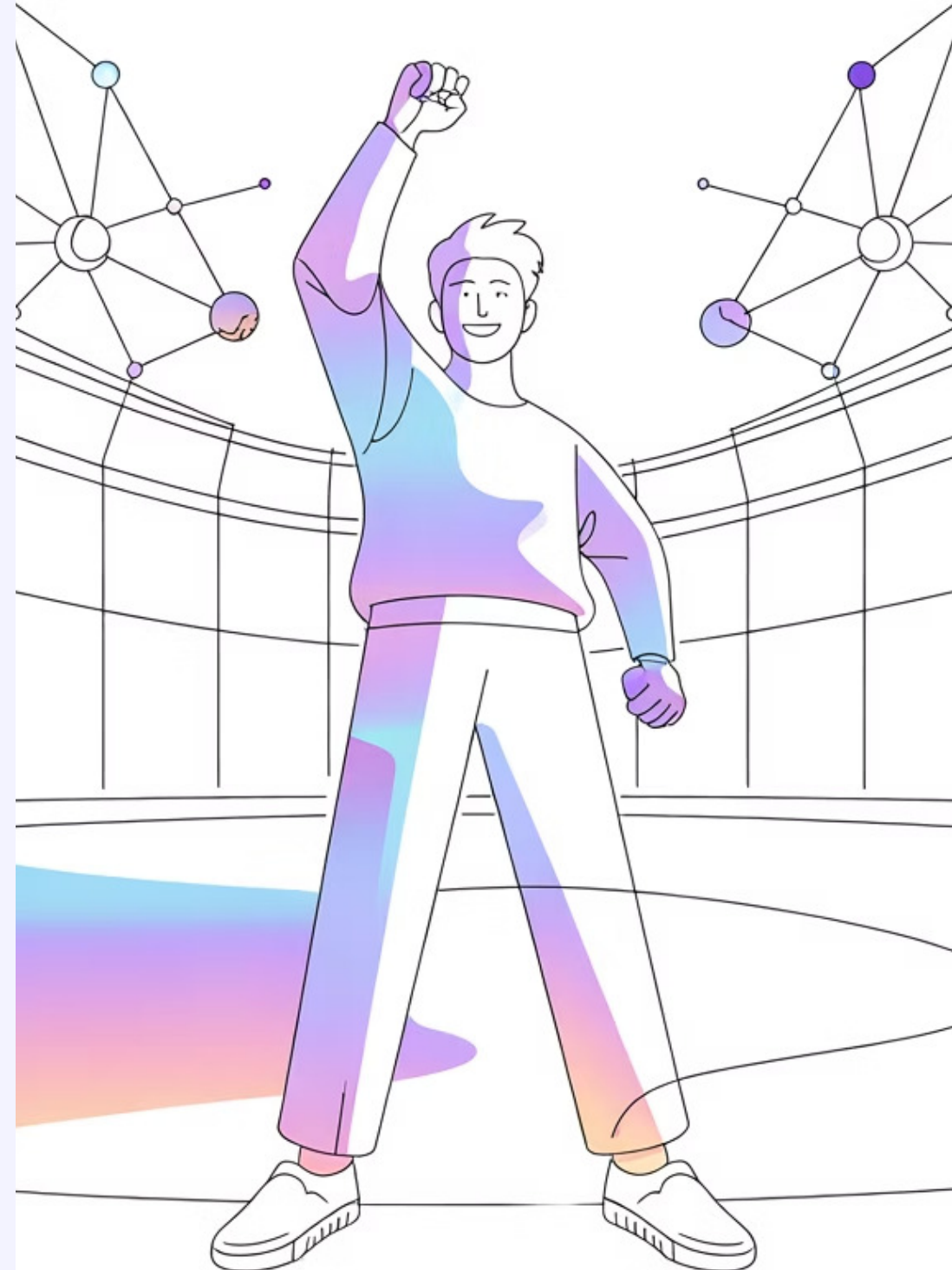
Welcome to the Alverse Arena. You're one of us now.

Next Steps (Optional But Powerful)

If you want to keep the momentum:

1. **DOWNLOAD** - ALL Major AI Platforms On your phone :
- ChatGPT, Claude, Gemini Pro, Grok, Suno, ElevenLabs
2. Pick one of your Day 3 projects.
3. Ask your AI Mentor: "Show me how to make this repeat automatically or share it with others."
4. That's how people accidentally start AI side-businesses.

Small tools → useful habits → simple income streams.



Follow [@Bogdan_Alverse](#) for tools and ways that keep you building, not scrolling.